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Bread (*khubz*) is not the only wheat product which is made in the bakery and eaten. There is also holy bread (*qurbaan*) (which will be discussed later). And a special treat is *sumgunbi* ("fingered"). This starts as a dish of unleavened dough which looks very much like an unbaked loaf of bread. But a rim is pinched up around the edge and the maker may punch herringbone or crosshatch designs in the center with her fingers. The center is then covered liberally with olive oil and on this sugar and sesame seeds are sprinkled. It is preferably eaten as soon as possible after it has been baked. It is sweet and filling. None of the very sweet, flaky pastries, which can be bought in Middle Eastern restaurants, was encountered in the village.

Meat. Sheep are killed ordinarily only on Sundays, and the meats bought and most of it eaten immediately. There appears to be a sort of folk hygiene connected with this practice. One of the few complaints about city life voiced by a young person was that it was not a good idea to buy meat in the city because one didn't know how long it had been hanging in the butcher shop, completely exposed to flies and the dust of the street. Beef, a prime source of tapeworm, is not eaten at all, nor is pork.

The main dish of the standard Sunday dinner, taken at noon, is raw *kibbi*, perhaps the most famous Lebanese dish. It consists of raw meat and racked wheat ground up together in the stone mortar and served as a smooth mound on a platter. It is washed down with another famous item, *ʔarag*, a distilled grape liquor, flavored with anis, which is clear and colorless when it comes from the bottle but turns milky white when water is added to it, as it usually is. The villagers buy *ʔarag* which is made in the city, although they would undoubtedly make their own if they had to. The intake of alcohol is very moderate. It is never drunk alone but always as part of a meal. Four small glasses of *ʔarag* mixed with water are considered enough, if not too much. The writer is reasonably certain that there is no cultural pattern for getting really drunk for its own sake. A little wine is made locally, but not very much.

Raw meat is also eaten in small chunks, taken in bread and dipped in the rough salt which is obtained locally from the sea. Most of the specialized organs, such as liver, kidneys, testicles, and lungs, are eaten in this manner.

What is left over from the raw *kibbi* is cooked, either in the form of a flat disk or in individual patties. This cooked *kibbi* will appear on Monday's, and perhaps Tuesday's, menu. *Laḥm mishwi* ("broiled meat"—on skewers) another regional specialty, is an alternative.

Roast chicken is sometimes served but usually only on special occasions, such as the saint's-day feasts at which certain families entertain the priest.

Olives. All the olives which are consumed in the village are local produce. Some are cured in brine and stored for eating throughout the year. A dish of them appears at every meal. But most of a year's harvest is reduced, locally, to oil which is used in nearly every phase of cooking.